

Wellbeing in everyday life

This part includes practical advice, how a person's everyday actions can influence their well-being and improve it.

It is important to think about, how one copes in the best possible way in changing life situation and what one can do to ensure they can carry on. Daily well-being is connected to mental well-being. When a person's life is in balance, everyday life flows without big worries. Daily routines give rhythm to a day. In addition, one can influence one's well-being by very simple, daily choices.

What makes everyday life?

- work
- school
- daily chores
- taking care of things
- hobbies
- social relations
- relaxation and rest

Through these things you can consider how your everyday life rolls on. Which of these you already take care enough? Which not? What things could you change to make ordinary day to in a more positive way for you?

A person can influence one's well-being by very simple means. These things promote both, mental and physical well-being. It is specially important to try to take care of daily well-being, because it helps to maintain both mental and physical well-being as well.

Meaningful activity

Any activity enhances the feeling of life control and well-being. Activity does not need to be anything big but something, that is possible according to one's resources, abilities and chances. Participation in work societies and hobbies, studying, social relations and physical exercise are examples of meaningful activity.

Sleep, relaxation and rest

A person's natural need for sleep varies individually. A healthy adult needs approximately 7 to 8 hours sleep at night. Good quality sleep is important to a person, because sleep is closely connected to one's mental and physical resources.

The most common cause for sleeping disorder is stress and changes in environment and life. Disturbance of sleep affects the body and mind in many ways. Bad quality sleep weakens the mood. Long-lasting insomnia causes irritability and mood changes. Insomnia also weakens the ability to concentrate and learn, as well as functioning of the memory. In addition, insomnia also exposes to many physical disorders as well: long-lasting sleep deprivation may expose, for example, to higher blood-pressure and cardiovascular disease. Because of these reasons it is important to look after the things, that guarantee good sleep or at least decrease insomnia.

TIPS for good sleep

- Go to sleep and wake up approximately same time every day
- Have physical exercise
- Eat something light in the evening
- Avoid or restrict coffee, alcohol and cigarettes.
- Avoid also watching emotionally strong content like violence on the internet or tv before going to sleep
- Learn to relax your body and mind
- If you wake up in the middle of sleep, get up and do something calming.
- If sleeping disorders continue, discuss them with a doctor or community health nurse.

Nutrition

The brain is a vital organ for human functioning. Nutrition has a major meaning for mood and energy.

By eating a human being gives energy to the brain and body. Nutrition improves concentration, coordination, motivation, memory and stress tolerance and maintains the performance.

Regular eating routine also gives rhythm for the day. Regular eating routine also affects blood sugar balance and energy level throughout the day. In addition to eating, it is important to drink enough fluid. An adult should drink about 1,5 to 2,0 liters water per day.

Physical exercise

Physical exercise has been found to have several health-promoting influences. In addition, exercise can decrease symptoms of depression and anxiety and turn the attention away from negative thoughts. That is why a person can maintain physical and mental well-being through regular physical exercise. Regularity is important with training: at least half an hour of exercise every day. Regular exercise also helps falling a sleep.

Social relations

Making new social relations in a new country may feel difficult at first, especially not having a common language. However, it is important to bravely go out and learn the new environment. One can find new friends through the studies, work, hobbies and other societies or clubs. Own family and relatives are also important social connections. Support from others and talking to them also relieves stress.

Calming yourself down

Thoughts about the past and future can circulate on one's mind: recalling the past may also be distressing and raise the feelings of homesickness and longing. On the other hand, the future may feel uncertain or even scary.

It is important to learn consciously calm down one's mind and thoughts. It is important to live in the moment and recognize, that the environment around is safe. It is good to seek out things for the future, which bring dreams and wishes to mind. Even the smallest exercises, which may relax the body daily can help moving forward. All in all, it is good to do things you enjoy: for example moving, talking and listening to music.

One may also calm oneself down by:

- talking calmly to oneself
- bringing thoughts back to the present, by for example taking some item in the hand and squeezing it

When thoughts of worry come to mind, one can calm oneself down by:

- thinking, am I really in danger now and is there any possibility to do something for that
- inner talk: "Now I feel bad, but things can become clear"
- shaking the feelings of tension away from the body (hands, feet or the whole body)
- rubbing arms or thighs
- keeping busy with something else (for example listening to music)

Thoughts and handling them

Example: positive thoughts

1. There has also been positive things in my life
2. I have survived well through the situation
3. I have hope for the future
4. I am a good person
5. I'll do my best
6. This is going to be a good day
7. I accept myself as the way I am

Example: negative thoughts

1. My life is only negative
2. I can't survive this
3. There is no hope for me
4. I am not a good person
5. I'll never manage
6. This is going to be a bad day
7. I am not good enough the way I am

Rewarding oneself

You can do things you like or reward yourself, for example good food or small shopping. You can also praise yourself when things have gone well.

Breaking off thoughts

If a negative thought keeps on rolling in your head and comes back again and again, you can quit thinking by saying STOP to it. The thought is possible to be written down as well. If the thought still penetrates your mind, you can for example try to pay attention to some object in the room. An item can also be taken in the hand and touched.

Space for worries

Worries may always be on mind and excessive worrying is hard. You may give the worries their own space and time, when you decide, that you think about them for example ten minutes and then leave them behind.